

**FALL
2016**



**Serving the recreational and social needs
of individuals with disabilities,
with Integrity and Pride,
since 1973.**

**Fall Programs Begin
Week of September 26th**

Register for Fall Classes online at
<https://apm.activecommunities.com/santaclara/>

**Ice Cream Social– Wed, Sept 21
6:30-7:30PM in the Senior Center Patio**
Learn about programs, meet the staff,
Meet other families and participants!

**Therapeutic Recreation
Services**
(408) 615-3170
www.SantaClaraCA.gov



**City of
Santa Clara**
The Center of What's Possible

TRS NEWS!

Welcome Lauren Council to Santa Clara TRS!!!!

We are excited to have a new full time Therapeutic Recreation Coordinator joining Santa Clara TRS!

Lauren Council joins us from the City of San Diego and is a Certified Therapeutic Recreation Specialist with the National Council for Therapeutic Recreation. She joined the Santa Clara team on September 6th.

Lauren brings experience working in several areas of Therapeutic Recreation and currently serves on the State TR board and is a District Representative in D12 for CPRS. Lauren comes with strong experience building and managing Therapeutic recreation and adaptive sports programs in a community recreation agency similar to Santa Clara.

Alyssa Inocencio will continue in her role as Therapeutic Program Coordinator through December. Alyssa will then follow her dreams and move to Maryland. Donna Dillard will continue to support the TR Program in a consultant role during the transition.

PROGRAM UPDATES

We made some program title changes for the Fall Session and hope that you will find these changes helpful as you register for and enjoy the Programs-

- ♦Adult Social Club has been meeting as 2 groups for awhile now. Beginning this Fall, these Clubs will continue to run the same as before, but we gave the group that meets upstairs with Lauren B a new name. This group is now called "Adult Social Connections". The group meeting downstairs will continue to be the "Adult Social Club". Both groups will meet on Tuesday evenings at the Senior Center.
- ♦The Thursday Teen Club is a new club for youth, ages 13-19. This Club will serve active youth who would like to enjoy the Teen Center activities while staff is available to help facilitate social skills, peer interactions and introductions to games and activities on site.
- ♦The Thursday Young Adult Club is designed to serve those participants who have recently graduated from the Teen Club. We look forward to seeing you all at the Teen Center on Thursdays in this familiar program that now has a new name.
- ♦The TR Aquatic Program is back in full strength on Tuesdays and Thursdays. As Senior Center public swim times and pool hours have been extended, these TRS classes hours are now during public swim hours. Please note that TR Swim Classes will have reserved spaces in the Natatorium when in session.

COOPERATIVE DANCE

Cooperative Dance

(Ages 16 and older) Come on out— Bring a friend or meet some new ones and dance the night away! Dances are sponsored cooperatively by the cities of Santa Clara, San Jose, and Sunnyvale, and are planned for individuals with disabilities/special needs. Supervision is provided by each agency. Tickets can only be purchased at the door on the evening of each scheduled dance. Cost is \$7.00/person. Dance hours are 7:00-9:30pm unless otherwise noted. Please note: Supervision begins at 7:00pm.

Cooperative Dance Schedule 2016

- *October 28— Hosted by the City of Sunnyvale*
- *December 9— Hosted by the City of San Jose*



For more information or to register for Therapeutic Recreation programs, please contact
Alyssa Inocencio at 408-615-3183 or email Ainocencio@santaclaraca.gov
Lauren Council at 408-615-3169 or email Lcouncil@santaclaraca.gov
Santa Clara Senior Center at 408-615-3170



SOCIAL RECREATION CLUBS

Adult Social Connections

(Ages 21+) This club is for individuals who enjoy being physically active, learning new games, socializing with peers and developing new friendships all in a fun energetic environment. Focus is on group process, appropriate social interaction and leisure education. **Participant must be able to attend a social gathering with minimal supervision and minimal assistance from staff (10:1 ratio provided).**

Santa Clara Senior Center, upstairs Room 232.

Lead Staff: Lauren B.

Adult Social Club

(Ages 21+) This Tuesday evening club is for individuals who enjoy tabletop arts & crafts, games and socializing with peers at a comfortable, more relaxed pace. Focus is on group process, appropriate social interaction and leisure education. **Participant must be able to attend a small social event with minimal supervision and assistance from staff. (8:1 ratio provided)**

Santa Clara Senior Center, 1st floor, Room 149

Lead Staff: Froyland T.

The “Social-Lites”

(Ages 21+) Step out on Friday nights! Community, social and leisure awareness is the focus of this group. Spend time with friends; organize group outings, activities and special events; strengthen life skills in money management and social etiquette. One to two outings are planned per session. Transportation is not provided. **This club is for the independent, higher functioning individual. Participants must be able to attend and interact with minimal supervision, and/or Independently direct staff for assistance. (12:1 ratio provided)**

CapABILITIES Club

(Ages 40-60+) This social recreation club is designed to meet the needs of individuals who require additional assistance in communication, physical “hand-over-hand” activity and conflict resolution. This club is perfect for the older participant interested in socializing with peers in smaller groups. Activities are geared to motivate and stimulate the senses, at a comfortable more relaxed pace. **Participant must be able to attend a social gathering with limited supervision, or bring an attendant (8:1 ratio provided).**

Lead Staff: Froyland T.

Children’s Recreation

(Ages 4-8) Come play on Saturday mornings! In this interactive play group, activities involve parallel play and provide exploration, self-expression, and independence through arts and crafts, story time, and physical development activities.

(5:1 ratio provided)

Community Recreation Center

Kids Club

(Ages 8-12) Join fun with friends on Saturday mornings! This interactive play group emphasizes small group play with peers, working on social skills, decision making, and fine and gross motor development through active games, sports and table top projects. **(5:1 ratio provided)**

Community Recreation Center.



Teen Club

(Ages 13+) Teens just want to have FUN! And that’s what this group enjoys each week at the Teen Center. Join friends and make new ones while participating in active group games, crafts, music, movies, and much more! **Participants must be able to attend a social gathering with limited supervision and minimal assistance provided, or bring an attendant. (8:1 ratio provided)**

Santa Clara Teen Center.

Young Adult Club

(Ages 18-30) This club is perfect for those interested in socializing with peers in smaller groups and who require additional assistance in communication, physical “hand-over-hand” activity and conflict resolution. Activities are geared to motivate and stimulate the senses, at a comfortable more relaxed pace. **Participant must be able to attend a social gathering with limited supervision, or bring an attendant. (8:1 ratio provided).**

Santa Clara Teen Center.



Special Interest Classes & Programs

Creating With Clay

(Ages 13+) Join with friends in this small group activity and create with clay! Participants will explore basic hand building techniques such as pinching, rolling slabs, and using molds to create fun and functional ceramic pieces. Projects will be finished with colorful glazes. **Participant must be able to follow simple 1-3 step directions and work side by side with others with minimal supervision and assistance from staff, or bring an attendant. (5:1 ratio provided).**
Senior Center, 1st floor, Room 149
Fee: \$59 Resident/ \$74 Non Resident

For more info, contact
TRS Program Coordinator:

Sweet Smiles

(Ages 16+) Get cooking with friends! Learn recipes and cooking techniques as you prepare and bake holiday favorite treats in a fun and friendly environment. **Participant must be able to follow 2-3 step instructions and work cooperatively in small group with minimal supervision and assistance from staff. (5:1ratio provided)**
Community Recreation Center,
969 Kiely Blvd, Santa Clara
Fee: \$45 Resident/ \$58 Non Resident



Billiards and Game Night

(Ages 21+) This night is all about fun with friends! Learn and play billiards and/or shuffleboard in the Senior Center Billiards and Game Room!
(5:1 staff ration provided)
Friday, September 23
Time: 6:30-8:30PM
Fee: Resident: \$8/ Non Res \$10

Tuesday, November 15
Time: 6:30-8:30PM
Fee: Resident: \$8/ Non Res \$10



Ice Cream Social!

Bring your family and friends and come enjoy ice cream, talk with TRS Staff and register for Fall Programs!

Wednesday, September 21

6:30-7:30PM

Senior Center Lounge

Cost: \$1/ ice cream (pay at event)

AMERICANS WITH DISABILITIES ACT (ADA)

In accordance with the American with Disabilities Act, the City of Santa Clara will ensure that all existing facilities will be made accessible to the maximum extent feasible. Reasonable modifications in policies, procedures, and/or practices will be made necessary to ensure full and equal access and enjoyment of all programs and activities for all individuals with a disability. Individuals with severe allergies, environmental illnesses, multiple chemical sensitivity, or related disabilities should contact the City's ADA office at (408) 615-2260 to discuss meeting accessibility. In order to allow participation by such individuals, please do not wear scented products to activities at City facilities.



FITNESS & WELLNESS PROGRAMS

The TRS Special Interest Program is designed to promote exploration and instruction in a specific area of interest. Classes and programs offer diverse experiences that enhance and support a healthy life style and foster daily living and leisure skills. Emphasis is on self-growth and self-expression. Criteria and eligibility for participation varies with each class. Please refer to class descriptions and ratios provided prior to registering. Except for TRS Aquatics, participants must be able to understand and follow simple directions and require minimal supervision.

“Gettin’ Fit”

(Ages 13+) Want to get in shape or improve your overall physical health? These classes, designed to accommodate those with developmental and intellectual disabilities will provide a total body workout utilizing both cardio and strength training. Healthy eating habits, safe training practices, and proper use of the fitness equipment and free weights will be emphasized.

(6:1 ratio provided)



“Gotta Dance ”

Now on Thursdays!

(Ages 13+) Do you find yourself toe tappin’ and bopping when you hear music? These classes are geared towards teens and adults who want to learn simple dance steps while moving to the latest music.

Classes focus on gross motor coordination, balance, directionality, self-expression, body awareness, creativity and sequencing. Classes learn routines that will be performed in the Spring Dance Recital.

“Gotta Dance” I - Beginning level class. No prior dance experience necessary. **(5:1 ratio provided)**

“Gotta Dance” II - Intermediate level class. Prior experience or instructor approval necessary. More emphasis on technique, combinations and choreographed routines. **(8:1 ratio provided)**

ID Fit – Fitness Center and Natatorium Swim Facility

The Santa Clara Senior Center facility is wheelchair accessible and designed to meet the needs of Santa Clara seniors (ages 50+) and individuals with disabilities (18+).

Residents of the City of Santa Clara ages 18 +, who have a “qualifying” disability or permanent medical condition may be eligible to use the fitness center and/ or the indoor pools during open use hours.

The Fitness Center is equipped with “user friendly” cardio equipment, weight machines, free weights, core conditioning equipment, and a stretching area.

The Natatorium consists of three indoor pools: a training lap pool, a warm water pool, and a soaking tub. The training pool has a zero entry ramp for wheelchairs. The warm water pool is equipped with a powered chair lift, low level stairs and an independent wheelchair transfer area.

Interested individuals must complete a required registration form to obtain a current ID Fitness/ Aquatics card.

Information and registration forms are available online at www.SantaClaraCA.gov/SeniorCenter or at the Senior Center. Please contact the Senior Center (408) 615-3170 with questions and information regarding eligibility and registration as well as current open-swim and fitness room hours.



TRS AQUATICS

(Ages 4-65+) Swim classes focus on safety, water adjustment, health, fitness, relaxation, self-esteem and enjoyment. Water safety is emphasized through adapted basic swim instruction and challenging water play activities. Small groups are structured to meet the needs of each individual in a positive, non-threatening environment. Classes are held at the Santa Clara Senior Center Pool (indoor facility). **(1:2/1:5 ratio provided)**

Water Exercise

(Ages 13+) Join Lauren in the Warm Water Pool for a workout! Participants must be water safe and able to swim, follow directions and work side by side with others.

(5:1 ratio provided)

Santa Clara Senior Center Natatorium (indoor facility).

TRS Family Swim

Enjoy the therapeutic benefits of the water with this family swim session. Participants must be water safe and able to use the pool independently, with an adult companion on site to assist as needed. TRS staff will not be in the water. Lifeguards will be on deck.

Santa Clara Senior Center Natatorium indoor facility,

Programs held at the Santa Clara Senior Center
1303 Fremont Street, Santa Clara



TRS REGISTRATION INFORMATION

Class Number	Class	Day	Program Dates	Program Times	Number of Sessions	Location	Res. Fee	Non-Res. Fee
7560	Adult Social Club	Tuesday	9/27-11/1	6:00-8:30pm	6	Senior Center	\$59	\$74
7411	Adult Social Connections	Tuesday	9/27-11/1	6:00-8:30pm	6	Senior Center	\$59	\$74
7561	CapAbilities	Wednesday	9/28-11/2	5:30-7:30pm	6	Senior Center	\$55	\$69
7413	Young Adult Club	Thursday	9/29-11/3	6:30-8:30pm	6	Teen Center	\$56	\$70
7569	NEW Teen Club	Thursday	9/29-11/3	6:30-8:30pm	6	Teen Center	\$56	\$70
7571	Social-lites	Friday	9/30-11/4	6:00-9:00pm	6	Senior Center	\$69	\$86
7562	Children's Recreation	Saturday	10/1-11/5	9:30-11:30am	6	Community Rec. Center	\$48	\$60
7681	Kids Club	Saturday	10/1-11/5	9:30-11:30am	6	Community Rec. Center	\$48	\$60
7574	IntroTR Aquatics (Ages 4-12)	Tuesday	9/27-11/1	4:30-5:00pm	6	Senior Center Natatorium	\$43	\$54
7576	IntroTR Aquatics (Ages 13+)	Tuesday	9/27-11/1	5:00-5:30pm	6	Senior Center Natatorium	\$43	\$54
7414	TR Aquatics– Beg Swimmer (Ages 13+)	Tuesday	9/27-11/1	5:00-5:30pm	6	Senior Center Natatorium	\$43	\$54
7416	TR Aquatics– Swimmer (Ages 13+)	Tuesday	9/27-11/1	4:30-5:00PM	6	Senior Center Natatorium	\$43	\$54
7563	Getting Fit	Wednesday	9/28-11/2	6:00-7:00pm	6	Senior Center Fitness Cnt	\$51	\$64
7564	Getting Fit	Wednesday	9/28-11/2	7:15-8:15pm	6	Senior Center Fitness Cnt	\$51	\$64
7565	Gotta Dance I	Thursday	9/29-11/3	7:15-8:30pm	6	Senior Center	\$51	\$64
7566	Gotta Dance II	Thursday	9/29-11/3	6:00-7:15pm	6	Senior Center	\$51	\$64
7415	TR Aquatics-Beg Swimmer (Ages 13+)	Thursday	9/29-11/3	5:30-6:00PM	6	Senior Center Natatorium	\$43	\$54
8065	Water Exercise	Wednesday	11/9-11/30 No class on 11/23	6:00-6:30PM	3	Senior Center Natatorium	\$27	\$34
8064	TRS Family Swim	Wednesday	11/9-11/30 No class on 11/23	6:30-7:30PM	3	Senior Center Natatorium	\$12	\$15
8066	Sweet Smiles	Friday	12/2-12/16	6:30-8:30PM	3	Community Center	\$45	\$58
7663	TRS Billiards/ Game Night	Friday	9/23	6:30-8:30	1	Senior Center Billiards Room	\$8	\$10
8067	TRS Billiards/ Game Night	Tuesday	11/15	6:30-8:30	1	Senior Center Billiards Room	\$8	\$10